

TRUTH IN BEAUTY CLARE LAZARO

1 L'Oréal Vitamino Color Guard Shampoo, £6.95 (0800 0726699)

Most of us are colouring our hair these days. Sadly, the more natural the dye, the faster it fades, so it's worth seeking out this vitamin-enhanced range.

2 Renu by Susan Molyneux Rich Restoring Cream, £29.95 (01242 570515)
This luxurious face cream is an ideal travel companion. It doubles up as a day and night cream, and has a novel pop-up release mechanism beneath the lid that puts paid to disastrous spillages.

3 Elemis Time for Awareness Anti-Ageing Skin and Body Lifestyle Collection, £48 (01278 727830)

These four would normally cost you £91, so not only is this set a bargain, but £1 from each purchase goes to the Lavender Trust. If you haven't already tried the Elemis range, this is a great way to do so.

4 Too Faced Super Size Lip Injection Extreme Plumping Treatment, £15 from Boots (08450 708090)

The gloss achieved by this is instantly pouty, and although it definitely volumises lips and is effective for a couple of hours, I wouldn't recommend this for anyone with sensitive skin.

5 GHD Pink Angel Iron Oil, £14.95 (0845 3301133)

This month, with every purchase of GHD's limited-edition pink straightening irons, £11 is donated to Breakthrough Breast Cancer – and they'll throw in this straightening oil, too.

6 Donna Karan Cashmere Mist Travel Candle, £15 (0870 0342566)

This makes a great room fragrance and we love its cute mini vanity case. During October, £5 of each sale goes to the Breast Cancer Research Foundation.

